

# The NORTHWEST AIRLIFTER

McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

Vol. 40, No. 20  
May 9, 2008

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## DUI simulator shows Airmen dangers

By  
Tyler Hemstreet  
Staff writer

The national “Save A Life” Tour made its way though McChord this week in an effort to show Airmen the effects of driving under the influence of alcohol.

The tour was developed to provide a state-of-the-art, interactive driving experience that simulates driving under the influence. When stepping into the simulator, drivers are sober and forced to realize the influence of alcohol on their driving skills, said tour presenter Brian Beldyga.

After hearing a short briefing from the tour hosts, throughout the week each squadron rotated in and out of the interactive experience set up in Hangar 5. The seat time in the simulator behind a 180 degree view of three monitors was an eye-opening experience for several Airmen.

“It was a lot harder than I thought,” said Airman 1st Class Tara Creekmore, 62nd Contracting Squadron. “I’m not a very good nav-

igator when I’m sober, but it definitely shows you that it doesn’t take much to make you have tunnel vision.”

While navigating the roads in the simulation, drivers work their way up through levels of “sobriety” as the simulated effects of alcohol on drivers become more profound.

“It definitely showed you how hard it is to multitask (behind the wheel) after you having been drinking,” said Airman 1st Class Ben Jenkins, 62nd Civil Engineer Squadron. “It was pretty challenging.”

The message behind the briefing and the simulator experience is to stress to people the importance of stepping up when friends have had too much to drink and stopping them from getting into the car, said Mr. Beldyga, who helped design the simulator.

“All we’re doing is taking a split second delay and showing you the effects of it behind the wheel,” he said. “We aren’t inhibiting your ability to multitask (while driving), you’re doing that on your own. We’re not blurring your vision.



Photo by Tyler Hemstreet

**Airman 1st Class Tara Creekmore, 62nd Contracting Squadron, tries out the “Save A Life” Tour driving simulator Monday in Hangar 5 as instructor Jeremiah Newson talks her through the experience.**

There’s a ton of other things that happen to you when you drink. We’re doing one thing and people are having these problems (in the

simulator) sober.

“What do you think is going to happen when people are actually intoxicated?”

## Operations center brings troops home

By  
Roger Drinnon  
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — Airmen of the 618th Tanker Airlift Control Center here have eliminated most flight delays resulting from the loss of commercially contracted airlift support to Air Mobility Command from ATA Airlines Inc., a member of a Federal Express team.

“18th Air Force and AMC have pulled out all the stops to remedy flight delays resulting from the loss of ATA,” said Maj. Gen. Ron Ladnier, 618th TACC commander. “We’re working hard to eliminate delays in our system, especially for people returning from deployment — we’ve made great progress.”

General Ladnier said currently, redeployment flight delays have been minimized to only 5 percent of redeploying passengers averaging two days late.

“For example, for the week beginning May 4, we had 7,312 troops redeploying, and of those, about 331 may have experienced a delay of about two days,” he said.

General Ladnier said not all redeployment delays are due to the change in commercially

contracted airlift.

“Some units and individuals experience delays because they arrive at the staging area early, either by choice or because of the in-theater transportation schedule,” General Ladnier said.

Longer delays crept into the redeployment picture in mid-April when ATA Airlines stopped operations after filing for Chapter 11 bankruptcy. The loss of ATA caused some redeployment flights from U.S. Central Command’s area of responsibility to be delayed up to six days.

The 618th TACC, which coordinates flights globally for an average of 450 airlift and air refueling aircraft flying multiple missions each day, drew on all available aircraft immediately to reduce the impact on people serving abroad.

“Our primary concern is to take care of our Soldiers, Sailors, Marines and Airmen returning after having served bravely and selflessly fighting the Global War On Terrorism,” said Gen. Arthur Lichte, AMC commander. “They are our nation’s heroes, and we’re working hard to use our available airlifters to bring them home with little or no delay. In fact, in 15 cases when the wait for our contracted support became extended, we diverted AMC C-5 and C-17 cargo aircraft to bring our people home.”



Courtesy photo

**Team McChord welcomes Gen. Arthur Lichte, commander of Air Mobility Command**

### Weekend Weather

FRIDAY



Hi: 63  
Low: 43

SATURDAY



Hi: 58  
Low: 44

SUNDAY



Hi: 56  
Low: 43

Forecast generated at 7 a.m. Thursday

Courtesy of the 62nd Operations Support Squadron

### Air Expo 2008 Countdown



visit [www.mcchordairexpo.com](http://www.mcchordairexpo.com)

**Don't miss it  
Sunday is  
Mother's Day**



# Leadership honors contributions of America’s Airmen

By  
**Michael Wynne**  
Secretary of the Air Force

**T. Michael Moseley**  
Chief of Staff of the Air Force

Recently the Secretary of Defense delivered an address at Maxwell Air Force Base to the students of our Air War College and Air Command and Staff College. Initial press coverage of his remarks misrepresented the tone and content of his address. Whereas some press reports characterized Secretary Gates as making a singular critique about one Service’s commitment to the Global War on Terror, his remarks were instead focused on the need for innovative thinking from all the Services.

As Secretary Gates himself explained: “. . . I think if you read the text of the speech, you’ll see that it’s not a dig at the Air Force at all. In

fact, a significant part of the speech was full of praise at what the Air Force had done in the Middle East and Iraq and Afghanistan and the whole theater.” Secretary Gates challenged his entire Department and the leaders of every Service “to think out of the box” in continuous pursuit of better ways to deliver what is needed for the joint force in harm’s way. The Air Force is well suited for that innovative pursuit. Every Airman should take Secretary Gates’ comments to heart and strive to find more and better ways for the Air Force to contribute to the War on Terror.

It is important for all Airmen to know Secretary Gates applauded Airmen for their significant contributions to the long war, just as he has praised America’s Soldiers, Sailors and Marines. It is also important for Airmen to know Air Force contributions are making a difference, and that Airmen continue to do everything possible to support the Secretary of

Defense’s priorities. He has asked all Services to accelerate transformational initiatives like those in the Quadrennial Defense Review, and the Air Force is doing just that.

In short, Airmen are “all in” to fight today’s war on global terrorism. From strategy to tactics, the Air Force has leaned far forward to deliver instruments of national power in a rapidly changing world. Every able-bodied Airman—Regular, Guard, and Reserve—is fully deployable. Indeed, Airmen have filled over 524,000 deployments since the war began. Today, 24,000 Airmen are delivering a full spectrum of air, space, and cyber power to the Joint Force Commanders conducting operations in USCENTCOM, every hour of every day.

Air Force engagement in CENTCOM’s AOR is only the tip of the iceberg. About 200,000-plus Airmen are in direct support of Combatant Commanders around the clock and around the globe to provide all with

critical air, space, and cyber capabilities. Airmen are in the most dangerous places on the planet tonight to protect America. Airmen have been vital to the success of the Joint team in this critical Global War on Terror, while at the same time providing the global strength and deterrence that keep our enemies at bay and our friends assured.

The Air Force was born of an innovative spirit and a willingness to question the status quo. Airmen are applying that spirit daily to address America’s challenges. In sum, our Air Force is ‘in the fight’ to win, and is deterring any aggressor from doing us harm while we succeed in the Global War on Terror.

We are proud of the hard work that you ... America’s Airmen ... undertake every day. Secretary Gates has challenged us to continue to honor our heritage of innovation. The Airmen of the United States Air Force will succeed in meeting his charge.

# Families supporting Airmen are heroes too

By  
**Lt. Col. James Shigekane**  
10th Airlift Squadron commander

The Airman’s Creed states: “I am an American Airman. I am a Warrior. I have answered my nation’s call.”

In this current period of frequent and numerous deployments and temporary duty assignments, our active duty, Reserve and National Guard personnel are increasingly required to “answer our Nation’s call” by fulfilling our duties abroad. That is what we train for, that is our duty, and we are the best in the world at it!

However, we must not forget that every Airman who deploys leaves behind a family. As we leave to honor our obligations, their workload doubles. Kids still need to be fed, bathed, and taken to school and various after school activities. Houses still need cleaning, vehicles and yards need main-

tenance, bills keep coming ... and loved ones must shoulder all of this without us! Although difficult, our families will not complain, they will press on, like the warriors we train our Airmen to be. They take it all in stride and accomplish what I consider to be incredible.

Today we celebrate Military Spouses’ Day. On Sunday, we celebrate Mother’s Day, and on June 15, we celebrate Father’s Day. For military families, these days are of special significance. Some families will not be together to celebrate these days and will realize even more the meaning and importance of such recognition.

Please take time to thank, honor and recognize our spouses and families for their sacrifices and dedication to our country.

While we are fortunate to be home, please take the time to invest in your families and in one another. Each moment together is precious and should not be taken for granted. Make the most of every day. Make it your goal to be home for

dinner. Skip a round of golf for a picnic at the park. Trade in a fishing trip for a date with your spouse. You will be glad you did! Thank you to all the spouses and families for your continued love and support. We cannot win this war without our Warriors at Home!

This month, put a different spin on our Airmen’s Creed:

I am an American Airman.  
I am a warrior.  
I have answered my nation’s call.

I am an American Airman.  
I am also a Spouse, a Parent, a Partner, a Friend.  
As I hone my skills and prepare for battle,  
I must exert the same effort to excel at home!

I am an American Airman.  
I am a leader in my Family!  
I will never falter,  
And I will not fail.

## Professionals of the week

### 62nd Medical Operations Squadron

#### Staff Sgt. Elizabeth Goedert

**Duty title:**  
Advanced oral hygiene technician

**Duty section:**  
Preventive dentistry section

**Hometown:**  
Croswell, Mich.



**Why she’s super:**

Sergeant Goedert is uniquely trained as an advanced oral hygiene technician and among only 8 percent who have completed the self-paced Part II Practicum. She has provided treatment valued at \$125,000 and created a database to track 156 periodontal patients. Her planning and execution of Children’s Dental Health Month activities reached 830 children and was praised by the Pierce County Dental Society. Sergeant Goedert recently received her Community College of the Air Force degree and continues to complete pre-requisites to apply for the AF Dental Hygiene Scholarship Program. Her daily contributions directly impacted the wing’s 98 percent Dental Readiness Rates and McChord being named Air Mobility Command’s 2007 Medium Dental Clinic of the Year.

#### Staff Sgt. Eric Harris

**Duty title:**  
Aerospace medical services craftsman

**Duty section:**  
Flight medicine

**Hometown:**  
Shelley, Idaho



**Why he’s tops:**

Sergeant Harris is a model noncommissioned officer and resident technical expert in all areas of aerospace medicine. His meticulous reviewing of standards and attention to detail have served to make the Team McChord personnel reliability program a MAJCOM standard. He is a consummate mentor and instructor teaching CPR and is actively pursuing acceptance into the Air Force physician’s assistant program. He presently holds a baccalaureate degree in social psychology and is attending Park College. Sergeant Harris is also a youth minister at a local church.

#### EDITORIAL STAFF

**62nd AW commander:** Col. Jeffrey Stephenson  
**Chief, Public Affairs:** Master Sgt. Alvin Louthier  
**NCOIC, Public Affairs:** Staff Sgt. Oshawn Jefferson  
**Chief of Internal:** Staff Sgt. Eric Burks  
**Editor:** Tyler Hemstreet  
**62nd Services Squadron contributor:** Patti Jeffrey  
**Photographer:** Abner Guzman  
**Graphic artist:** Lisa Lemmer

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#### CONTACT NUMBERS

Editorial content is edited, prepared, and provided by 62nd Airlift Wing Public Affairs. All photos are U.S. Air Force photos unless otherwise indicated.

**Mailing Address:** 62nd AW/PAI  
100 Col. Joe Jackson Blvd., Suite 1077  
McChord AFB, WA 98438

**Phone:** (253) 982-5637 **Fax:** (253) 982-5025  
**E-mail:** northwestairlifter@mcchord.af.mil

# New clinic message line aids in transformation

By  
Tyler Hemstreet  
Staff writer

Due to recent internal changes related to medical BRAC, the McChord Clinic’s message line has also changed to better meet patients’ needs.

To help patients improve their navigation through the new McChord Clinic message line phone tree (253-982-2273), clinic officials are asking people to listen to all the available options on the phone tree because some have changed.

Since activation of the new phone tree on April 28, some patients have been leaving messages with the incorrect clinic to address their needs, said Capt. Ashley Stewart, TRICARE operations and patient administration flight commander with the 62nd Medical Support Squadron.

“While we do get those messages,

because of the realignment, the patient may not get a call back in a timely fashion because it was left with the wrong clinic,” Captain Stewart said.

All active duty personnel are now assigned to the Airman’s Clinic or to the Flight Medicine Clinic. All dependents and retirees are now assigned to the McChord Medical Clinic. The McChord Medical Clinic also includes Pediatric and Women’s Health Clinics.

“To expedite each patient’s request, it is important that they leave a message with the correct clinic and follow the new phone tree directions,” she said. “We want everyone to be patient and listen to all of the options.”

The clinic staff will reply to each message line request as quickly and accurately as it can, Captain Stewart said.

Calling the message line is not a substitute, however, for calling the TRICARE Regional Appointment Center at 800-404-4506 to book a McChord Clinic appointment.

## Asian Pacific American Heritage Month Luncheon



**Noon, May 28  
at the Holiday  
Park Pavilion**

For more  
information,  
call or e-mail  
Senior Master Sgt.  
Gary Almogela  
at 982-7690  
or [gary.almogela@mcchord.af.mil](mailto:gary.almogela@mcchord.af.mil)





# Policy shift allows servicemembers to choose beneficiaries

By  
John J. Kruzel  
American Forces Press Service

WASHINGTON (AFPN) — Starting in July, servicemembers can choose to whom a \$100,000 death gratuity will be disbursed if they are killed in action.

Currently, troops can assign half the posthumous payment to recipients of their preference, with the remainder paid according to a hierarchy determined by the Defense Department: first to the spouse, or if unmarried, to children, then grandchildren, followed by parents and, barring these antecedents, the next of kin.

But when the policy shift becomes effective July 1, troops should use caution while exercising their new freedom to bequeath, one Pentagon official warned.

“I think that members need to realize that, with this added flexibility, there is responsibility,” Gary McGee, a program analyst for the Compensation Directorate in the

Office of Military Personnel Policy, said. “They need to act in a mature manner when they make these decisions.”

Congress established the first death gratuity in 1908, stipulating that survivors of Army, Navy and Marine personnel killed in service receive the equivalent of six months of the servicemembers’ pay. The original purpose was to help fill the financial gap resulting from the lack of a government life insurance program at that time, according back-ground papers on military compensation.

Survivors of military personnel who die as a result of hostile actions in a designated combat operation or combat zone or while training for combat or performing hazardous duty are eligible for the benefit.

The payout grew from a \$3,000 minimum in 1956 to a standard \$6,000 benefit for families of fallen Persian Gulf War participants, to a \$12,420 disbursement in 2004. In a dramatic leap the next year, a retroactive gratuity was established to pay \$100,000 to survivors of

those who died since Oct. 1, 2002, covering the more than 4,450 Americans killed in Iraq and Afghanistan.

Lawmakers decided to increase the gratuity’s dollar amount, McGee said, to more closely resemble the large payments being disbursed to families of Sept. 11, 2001, terrorist attack victims. The six-figure disbursement is distributed by the Defense Financing and Accounting Service, which aims to pay beneficiaries within 48 hours of a service-member’s death.

When the policy takes effect this summer, each service branch will adopt a revised version of Department of Defense Form 93, known as the Record of Emergency Data. Troops will then be able to select up to 10 beneficiaries — regardless of relationships — allotting the whole of the \$100,000 in 10-percent increments.

Mark Ward, the senior program manager of the Casualty, Mortuary and Military Funeral Honors section of the Pentagon’s Military Community and Family Policy Office,

said the new procedure could have good or bad repercussions, depending on whether troops uphold the death gratuity’s “true intent.”

“Take the case where you have a spouse and two children, and yet the member says, ‘Well, I had 10 great buddies on my baseball team in high school; I’m going to give each of them \$10,000,’” he said. “So now all \$100,000 is paid to his buddies, and he’s still got a wife and kids, and they’ve got no money.”

Single-parent servicemembers without a spouse heir may embrace the new policy more readily than their married counterparts in the armed forces. The most recent available data shows that 249 single-parent troops have died in U.S. operations since October 2002, and 15,922 are deployed.

Mr. Ward said the new policy allows greater flexibility to all demographic groups of the armed forces who die serving their country.

“The overall thrust is to give the servicemember the greatest latitude to determine who gets his or her benefits upon their death,” he said.





McChord Airmen

# AROUND THE WORLD



Courtesy photo

**AFGHANISTAN —** Tech. Sgt. Danny Gapas, 5th Air Support Operations Squadron, stands with members of the Afghan National Police and Afghan National Army during a recent deployment. Sergeant Gapas served as the maintenance noncommissioned officer for Provincial Reconstruction Team Gardez at Forward Operating Base Gardez, Paktya province.



Courtesy photo

**AFGHANISTAN —** Tech. Sgt. Shannon Cruz, 5th ASOS, rides in the back of a Humvee preparing to control close air support on a special operations mission during a recent deployment. Sergeant Cruz is a joint terminal air controller supporting the 1st Special Forces Group out of Ft. Lewis.



# Military spouses benefit from new job program

## *Initiative offering financial aid, education now open to all ranks*

WASHINGTON – The U.S. Departments of Defense and Labor recently announced plans to jointly provide military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations.

This three-year Military Spouse Career Advancement Initiative, offered at McChord and 17 other sites in eight states with large military populations, will enable military spouses to develop the skills needed to successfully start, navigate and advance their careers. “America’s military spouses quietly and courageously bear the sacrifices required of them and their families as their loved ones are serving our country,” said Secretary of Labor Elaine L. Chao. “The Military Spouse Career Advancement Initiative provides financial resources to help spouses develop their career goals and dreams.”

Military spouses suffer an unemployment rate that is three times that of their civilian counterparts, while nearly 77 percent of

them report that they want or need to work. The frequent moves required by the military often make it difficult or even cost prohibitive for spouses to establish long-term careers or meet state credentialing and licensing requirements. Almost 75 percent of military spouses say the cost of continuing their education is more than they can afford.

The Military Spouse Career Advancement Initiative was created to help spouses overcome some of these financial barriers. The funding will make it possible for eligible candidates to receive Career Advancement Accounts in the amount of \$3,000 for one year, and renewable a second year for an additional \$3,000. This money can be used to pay for expenses directly related to postsecondary education and training, including tuition, books, necessary equipment, and credentialing and licensing fees in nationally identified high-growth, portable career fields such as education, health care, information technology, construction trades and financial ser-

vices. Education and training is also offered in the career fields of human resources, business and hospitality management and homeland security.

“It’s a great program and we’re excited about being able to offer it to spouses here,” said Maria Endris, an education counselor with the 62nd Mission Support Squadron.

The program has the ability to provide valuable job training for spouses, which can help them get jobs when the Air Force moves their family to the next location, Ms. Endris said.

Eligible program participants are military spouses married to active duty servicemembers of any rank who have completed some college, or who have obtained a high school diploma or GED. Funds will be provided directly to educational institutions and/or credentialing agencies. The two departments are jointly approving \$35.2 million over three years.

The Airman and Family Readiness Center here is offering

briefings about the new program on Tuesday and May 28 and June 10 and 25. The briefings run from 1 p.m. to 2 p.m. and a representative from the U.S. Department of Labor will be on hand to talk about the program and answer any questions people have.

While applicants must meet the eligibility criteria to qualify for the career program, even if they don’t qualify they should still come to a briefing, said community readiness consultant Marvin Tamoro, 62nd MSS.

“There are other programs available to them that can help them get funding for education, and we can help them find something,” Mr. Tamoro said.

Spouses need to call the AFRC at 982-2695 to register.

More information including eligibility determination, career and education counseling, and skills assessment is available online at [www.MilSpouse.org](http://www.MilSpouse.org).

*(Article courtesy of the Department of Labor and the 62nd Airlift Wing Public Affairs Office)*

**Do you have a story idea? Spread the news in *The NW Airlifter*!**  
**Call Public Affairs at 982-5637 or e-mail us at [northwestairlifter@mcchord.af.mil](mailto:northwestairlifter@mcchord.af.mil)**







Teams attempt to unscramble a phrase during the translation frustration challenge May 1 as part of the Northwest Skunkworks event at the base's South 40 training area.



The orange team, led by Senior Airman Andrew Barry, 62nd Civil Engineer Squadron, participates in the tug-o-war portion of the competition.

# SURVIVAL of the fittest

*Inaugural Northwest Skunkworks event tests Airmen's wilderness survival, leadership skills*

BY Tyler Hemstreet, Staff writer

A day without the use of cell phones, text messaging and the Internet might qualify to some as day void of productivity and fruitful communication.

But don't tell that to the group of 25 Airmen who participated in the inaugural Northwest Skunkworks 48-hour survival event April 30 to May 2 hosted by the 62nd Security Forces Squadron.

The event pitted five teams of five Airmen against each other in a survival competition filled with mental and physical challenges in the base's South 40 training area. The challenges ranged from various navigation exercises and word puzzles to more intricate ones that stressed teamwork and communication.

One favorite was the "minefield" exercise where teams had to work together to walk a blindfolded teammate through a makeshift minefield using only verbal commands and hand signals.

"It was all about teamwork, concentration and trusting your teammates to tell you the right thing," said Master Sgt. David Deitt, 62nd Security Forces Squadron, who helped

organize the event. "It was extremely fun to watch."

Airman 1st Class Raymond Jones, 62nd Communications Squadron, who walked the minefield without one misstep, said that particular challenge was his favorite.

"You have to really trust what you're teammates are telling you ... we had a phenomenal team," he said.

On top of all the challenges, the teams had to make shelters and stay warm at night. They also were only allowed the bare minimum when it came to their meals ready to eat — which meant no napkins, heater packs or spoons.

"We had to eat them cold," said Airman 1st Class Andrew Barry, 62nd Civil Engineer Squadron.

The warmth and shelter aspect of the competition took some teams by surprise, Sergeant Deitt said.

"I learned how to wake up and put more wood on the fire," Airman Barry said. "The hardest part of it all was trying to get sleep."

Despite the initial hurdles, Sergeant Deitt said teams eventually got the hang of build-

ing shelters and keeping the fires lit to stay warm.

"It was a good challenge," Airman Jones said. "We had to find the means to make the fires. All of the survival depended on physical collection of materials to put on the fire."

When it came down to it, the teams that had leaders that kept a high morale among the team were the ones that excelled, Sergeant Deitt said.

Those leadership aspects were not lost on each Airman.

"It was neat because our whole team had never met before the competition and it was great how we pulled together the way that we did," Airman Jones said.

But that doesn't mean it didn't take a mammoth effort for teams to finish the competition.

"At the end, they were so tired most couldn't communicate," Sergeant Deitt said. Nevertheless, there are plans to host another competition in the fall, he said.

"Overall, it was very successful," Sergeant Deitt said. "We're going to make some changes to speed up the flow and make it a little better."



Staff Sgt. Timothy Padgett, 62nd Logistics Readiness Squadron, left, and Senior Airman Anthony Jenkins, 62nd Security Forces Squadron, build a makeshift litter in preparation for the competition's final scenario while other team members gather tinder for an evening campfire.



Blindfolded competitors navigate the minefield challenge using third-party vocal cues to stay on course. Senior Airman Eric Camacho, 62nd Aircraft Maintenance Squadron, uses hand signals to guide his spotter teammates, who then give the verbal cues.



Tech. Sgt. Patrick Whelan, 446th Aircraft Maintenance Squadron, left, and Airman 1st Class Nicholas Willoughby, 62nd Communications Squadron, attempt to unscramble a phrase during the translation challenge.



# Proper strength training helps shape bodies

By  
Airman 1st Class Kirsten Wicker  
62nd Airlift Wing  
Public Affairs

*(Editor's note: This is the second installment in a series of fitness articles that will run throughout the month of May in conjunction with Air Force Fitness Month.)*

The aim of Air Force Fitness Month is to teach Airmen how to set a routine and maintain their fitness level while promoting fitness education.

A solid strength training program is a step in the right direction when it comes to maintaining a high fitness level, according to fitness officials.

There are specific things each individual can do to build muscle strength, power and endurance, according to exercise physiologist Patrick Conway, 62nd Medical Operations Squadron.

To build muscle strength, one must find out how much weight is required to do two to three sets of ten repetitions, with each set becoming progressively more difficult to lift. Mr. Conway recommends determining the maximum weight a person can lift one time by doing a weight test.

“Add weight until you can only lift it one time without losing form,” Mr. Conway said. “Then reduce the

weight until you can lift it ten times. More than ten reps is too light and less than ten is too heavy.”

To build muscular endurance, reduce the weight until 14 to 15 reps can be completed in two to three sets. Once a maximum weight is established, most people will see a good improvement over six to eight weeks when they maintain 60 to 75 percent intensity while exercising, Mr. Conway said.

To obtain the best results, ensure that the exercise is being performed correctly, he said. The fitness center and fitness center annex have trained professionals who are educated on the proper use of the machines and free weights. It’s best to make an appointment and take a tour of the equipment to learn how to perform the exercises correctly.

And lastly, developing muscular power relates to a person lifting a heavy weight quickly and in short bursts. To improve muscular power, Mr. Conway recommends finding a weight that can only be lifted one to four times. A few reps in two to three sets will improve muscular power.

Performing strength training for each muscle group two times a week with the correct weight and form will make muscles stronger and larger, he said.

“You should see dramatic improvement in strength in six to eight weeks,” Mr. Conway said. “It may take a little longer to see the muscles get larger, but stick with it

and you’ll begin to see the results.”

The benefits of strength training are many. A strong, fit body will support cardiovascular fitness, as well as the natural movement of the body. Building muscle also helps to burn fat, reducing body fat percentages and lowering the risk for heart disease and some cancers.

Beginners should start out on the machines to build strength. As strength improves, begin to use free weights to maximize muscular strength, power and endurance, Mr. Conway said.

“Strength training shapes our bodies quicker than anything else we can do,” he said. “It’s easier than cardio fitness to maintain and it is a safe activity if you perform the exercises correctly with the correct weight.”

For help understanding the best supplements to maximize strength and fitness efforts, McChord will host a Lunch and Learn event May 19 at 11 a.m. in the Fitness Center Annex. Mr. Conway will be explaining which vitamins and supplements work best and how to make the most out of mealtime.

The Lunch and Learn is a great opportunity to ask questions about supplements before you buy, said Tanya Henriques, a health education program manager with the 62nd MDOS.

“There are so many different vitamins, protein powders and supplements out there,” Ms. Henriques



Photo by Abner Guzman

**Senior Airman David Bauld, 446th Aircraft Maintenance Squadron, does some dumbbell curls during a recent workout at the Fitness Center Annex.**

said. “We will emphasize the safe way to build strength through nutrition and also discuss how to buy the right supplement products to get the results that you want.”

To sign up for the Lunch and Learn event, call 982-2088 or 982-5475.





# Airmen donate wheelchair, ramp for Ecuadorian girl

By

Capt. Ashley Norris  
478th Expeditionary Operations  
Squadron Public Affairs

FORWARD OPERATING LOCATION MANTA, Ecuador (AFPN) — Airmen from Forward Operating Location Manta recently conducted their final inspection of a wheelchair ramp they designed and funded for 11-year-old Kelly Yuleisy Arcentales. The completion of the wheelchair ramp from Kelly’s home to the city sidewalk finalized a three-month project to provide Kelly with access to her local community.

It began on Jan. 26 when Airmen from the FOL donated an electric wheelchair to Kelly to improve her mobility and quality of life. However, when it was delivered, her need for a proper concrete ramp from her front door to the sidewalk was evident. Airmen from the 964th Expeditionary Airborne Air Control Squadron at Tinker Air Force Base, Okla., who are deployed to FOL Manta, raised money with a local church and used that money to pay for construction of the ramp.

Kelly suffered brain damage when she was three years old after a fall and a high fever. She had previously dragged herself around her house on her forearms and had to be carried into town. Now, Kelly can easily go into town with her family by using her new wheelchair and ramp. Kelly likes her wheelchair, she feels comfortable and is happy, said her mother, Elvira Monserrate Andchundia Arcentales, through a translator. She went on to say that now she can take Kelly into town to get a haircut, whereas previously she was unable to do so.

After hearing of Kelly’s need for a ramp to help her get into town Maj. Jordan Lee, an E-3 Sentry aircraft commander and Lt. Col. Charles Moore, 964th EAACS commander, decided that there was nothing else they would rather put their hearts and money into than helping her.

“It was wonderful to see her smile knowing that she now has mobility and access to the outside world,” Major Lee said.

“Major Lee, took it upon himself to raise the money,” Colonel Moore said. He led the effort to raise money and collect donated items from Henderson Hills Baptist Church in Edmond, Okla., that both Major Lee and Colonel Moore attend. The church had a long-standing relationship with Guayaquil, Ecuador so when word got out that members from the local base were deploying to Ecuador, church members were pleased to support a different location in Ecuador. “They support our military; they already supported Ecuador,” so the two just fell in-line, said Colonel Moore.

Major Lee teaches a children’s bible study and before deploying he asked them to collect things that they thought the Ecuadorian children might need or want. As the children started collecting things like crayons, school supplies and toys, the parents in the church started putting together a collection also. They collected two large boxes of donated items and \$2,365 in cash to use for a worthy cause.

The 964th EAACS is finishing up their four-month tour at FOL Manta and they have made a positive impact on the local Manta community. They have donated approximately 325 man-hours, 2,500 articles of clothing, personal hygiene items, school supplies, games and toys, \$1,500 in power tools and



Photo by Capt. Ashley Norris

**Eleven-year-old Kelly Yuleisy Arcentales is escorted by her mother (right) and aunt (left) on the new sidewalk that was paid for by donations collected by Airmen from the 964th Expeditionary Airborne Air Control Squadron who are deployed to Forward Operating Location Manta, Ecuador. The completion of the wheelchair ramp from Kelly’s home to the Jaramijo city sidewalk finalized a three-month project by the Airmen to provide Kelly with access to her local community.**

more than \$2,600 in cash to the FOL community relations fund which supports local orphanages, hospitals and schools.

FOL Manta is strategically located in Manta, Ecuador in support of Joint Interagency Task Force South’s efforts in the Eastern Pacific Ocean to stop transnational narcotics movement. As a result of missions launched from the FOL Manta, already in 2008, 59 metric tons of cocaine valued at more than \$1.17 billion has been seized.



# Sesame Street DVD helps children with deployments

By

John J. Kruzel

American Forces Press Service

ARLINGTON, Va. (AFPN) — Following a workshop that helped children cope with a military parent’s deployment, the familiar, furry denizens of Sesame Street are starring in a new program focusing on multiple deployments and on family adjustments upon a parent’s return.

Sesame Workshop, the makers of Sesame Street, have released “Talk, Listen, Connect: Deployment, Homecoming, Changes,” a video workshop that aims to aid children in understanding and unbundling the tangle of complex emotions many feel in the midst of a mother’s or father’s tours of duty away from home, and even broaches the difficult subject of dealing with a parent’s debilitating war injury.

“This follow-on DVD to talk about the changes, dealing with new medical injuries — living in the ‘new normal’ — is tremendously important,” Army Col. Loree K. Sutton, chief of the newly created Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, said during the workshop launch at the Women in Military Service for America Memorial here.

More than 80 percent of those surveyed said the first installment of Sesame Workshop’s military outreach effort, which covered all phases of deployment, was incredibly effective, said Gary E. Knell, president and chief executive officer of Sesame Workshop.

“And they really wanted us to also go to the next step to deal with two issues,” he added, referring to multiple deployments and changes, especially mental or physical injuries parents suffer while

deployed.

To help keep the program authentic to children’s experience, an advisory committee composed of members of military families and advocacy groups, child psychologists, educators and other experts offered perspective to Sesame Street creators throughout production.

The show’s creators also vetted the program through “real world” military families and adapted it according to their feedback, said Jeanette Betancourt, vice president for content design at Sesame Workshop’s education and outreach division.

In the original script, for instance, writers used broad strokes to paint an effusive reunion between Elmo, a red, furry and perpetually 3-year old character, and his fresh-from-the-front-lines father. After seeing a rough cut of the

scene, the advisors recommended tweaking the script to reflect a greater emotional range.

Leslye A. Arsht, deputy undersecretary of defense for military community and family policy, said the first treatment failed to capture the emotional complexity of the reunion.

“In the original version, they had [Elmo] all excited and enthusiastic and happy. It’s sort of what you expect if you really don’t know how hard it is when somebody’s been gone for a while and you’re so anticipating their returning,” Ms. Arsht said. “And yet there’s this (worry), ‘Is he going to be the same?’ You know, all those mixed emotions.”

The creators heeded the feedback and re-wrote the scene to be more three-dimensional and true-to-life, through what she described as “powerful adjustments” in the script. The effects of such realism are evident, she said: “You cannot watch these DVDs without crying.”

Ms. Arsht said the anxiety arises, in part, because children

feel ambivalent about the growth and progress they make in the midst of their parent’s absence.

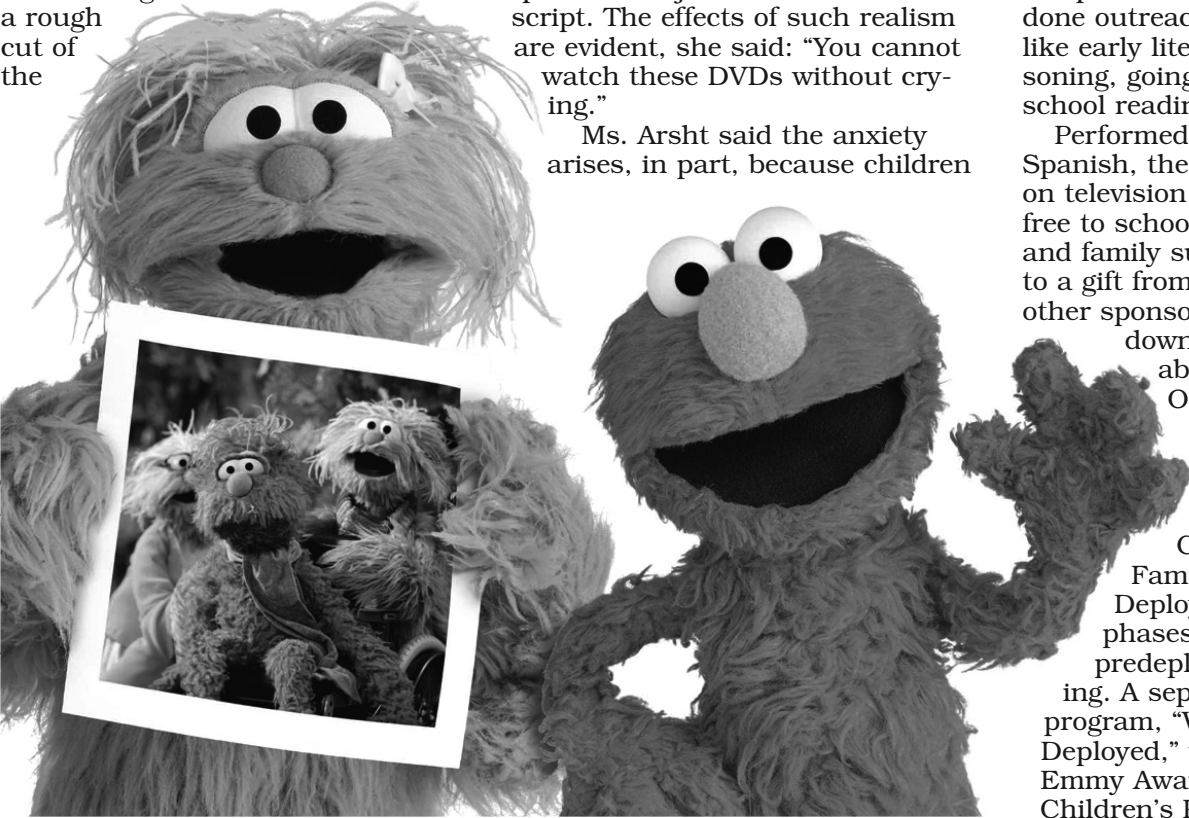
“The child has been growing; they can do things they couldn’t do before. They don’t know whether to be proud about that, or to think that the dad’s going to feel bad that he didn’t get to see that happening,” Ms. Arsht said, describing a common reaction of 3- to 5-year olds, the show’s target demographic.

According to statistics, some 700,000 children of military members are under the age of 5. Through Sesame Street’s lovable characters, the program manages to teach young children about painful subjects in a medium that speaks to them.

Sesame Workshop, a nonprofit education effort, has been doing these special projects since its inception in 1968. The group has done outreach projects on subjects like early literacy, asthma, lead poisoning, going to the doctor and school readiness.

Performed in English and Spanish, the workshop will not air on television but will be distributed free to schools, child care programs and family support centers, thanks to a gift from Wal-Mart stores and other sponsors. The DVD kit or downloadable video is available on the Military OneSource Web site.

The previous Sesame Street workshop, a broader installment entitled “Talk, Listen, Connect: Helping Families Cope with Military Deployment,” covered all phases of deployment, from predeployment to homecoming. A separate Sesame Street program, “When Parents Are Deployed,” was nominated for an Emmy Award for Outstanding Children’s Program.





# First Virtual Uniform Board draws feedback from Airmen

WASHINGTON (AFPN) — The first Air Force Virtual Uniform Board received about 800 uniform change requests via the IDEA Program Database System since its release in March.

Airmen were able to submit uniform change requests via the IPDS between March 5 and April 14. The Uniform Enterprise Working Group — acting as nonvoting advisors — began reviewing ideas April 28 to provide comments.

The 98th Air Force Uniform Board will convene over the next two weeks to review the submissions and advisors' comments. The board will then cast votes to decide if ideas or suggestions from Airmen should be implemented, disapproved or recommended for further evaluation by subject matter experts.

“The Uniform Board voting membership is made up of officers and enlisted Airmen who represent the diverse composition needed to make recommendations for future dress and appearance standards,” said Lt. Col. Charles Arnold, chief of Air Force Uniform and Recognition Branch at the Pentagon.

Members of the board evaluate each recommendation and vote on behalf of their major command. The votes are consolidated into an

overall board recommendation and forwarded to the chairman of the board and Chief Master Sergeant of the Air Force for review.

“The Air Force Manpower Agency developed a voting module within the IDPS which allows board members to log in to the Virtual Uniform Board from locations around the globe,” said Colonel Arnold. “AFMA also provided the major commands an automated central collection mechanism to allow them to review, determine eligibility, and forward ideas to the central board...all from the confines of their own offices and the IPDS program.”

Chairman of the Board Lt. Gen. Dick Newton and Chief Master Sgt. of the Air Force Rodney J. McKinley will add their votes to those of the board and act as advisors to Air Force Chief of Staff Gen. T. Michael Moseley on final disposition of uniform board recommendations. General Moseley will then consider inputs and release his final decision in a message to all Airmen.

Airmen can continue to submit recommendations during and after the first Virtual Uniform Board. Some issues will be processed out of cycle; however, most will be considered during the next uniform board.



Photo by Margo Wright

**Chief Master Sgt. of the Air Force Rodney J. McKinley answers questions during a recent enlisted call with Airmen at Tinker Air Force Base, Okla. Chief McKinley is wearing the new Airman Battle Uniform, which the first Air Force Virtual Uniform Board asked Airmen to provide feedback on. The board received about 800 uniform change requests via the IDEA Program Database System.**



Phoenix Spouse dinner

The 62nd Airlift Wing leaderships’ spouses will host a dinner for Phoenix Spouses from 6 p.m. to 8:30 p.m. May 22 at the Chapel Support Center. Dinner and childcare will be provided. To register for the dinner, call the Airman and Family Readiness Center at 982-2695.

Volunteers needed

McChord will host the Special Olympics Washington’s Summer Games May 30 to June 1 and the base still needs volunteers to help out with the event. Volunteers are needed to help out working the information booth, opening ceremony, victory happening and dance and volunteer and family barbeque. Volunteers are also needed to serve as bus operators, parking attendants and assist with clean up and tear down.

Every squadron has a point of contact and interested volunteers should e-mail their information (rank, name, squadron, time and date of the event volunteering for) to their squadron POC or directly contact Staff Sgt. Amy Weger at 982-3874 or Staff Sgt.

Caramel Padrones at 982-5678.

Military career fair in Tacoma

RecruitMilitary will host a free career fair for veterans, personnel who are transitioning from active duty, Reserves, Guard and military spouses from 11 a.m. to 3 p.m. Thursday at the Greater Tacoma Convention and Trade Center. The fair is presented by RecruitMilitary, the President’s National Hire Veterans Committee, the American Legion and the Military Spouse Corporate Career Network. For more information visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

Air Force Community Assessment

Spouses can take a community assessment survey at <http://spouseAFCAsurvey.com>. It takes about 30 minutes to complete and will remain open until June.

The survey data gathered in the past has helped generate programs such as “Give Parents a Break” free childcare and the free oil change program spouses are eligible for when their family member is deployed. The survey touches on spouses’ and their

families’ personal adjustment to arriving to the base, both individual and family adaptation to the Air Force, coping with deployments and the availability of support from formal agencies.

Retirement ceremony

The 62nd Maintenance Group will host a retirement ceremony for 62nd MXG superintendent Chief Master Sgt. Paul Cruz in honor of his 26 years of dedicated service. The ceremony is at 10 a.m. May 22 in Hangar 2. For more information, call Chief Master Sgt. Rodney Billinghamurst at 982-5817.

Bundles for Babies starts Tuesday

The Air Force Aid Society and the Airman and Family Readiness Program is currently accepting signups for “Bundles for Babies,” a program for Air Force families in their second or third trimester of pregnancy and/or parents of infants younger than six months of age.

The three-hour class will cover nutritional needs for parents and infants, safety concerns and “Dr. Dad” information for getting comfortable

with a new addition to the family.

After completing the class, attendees will receive a “bundle” of goodies for the new baby.

The next class will be from 9 a.m. to noon Tuesday at the Airman and Family Readiness Center. For more information and to sign up, call 982-2695.

GPC Vendors’ Day

The Government Purchase Card Vendors’ Day is from 8 a.m. to 1 p.m. Thursday in Hangar 9. This is a one day event for businesses that provide authorized supplies, equipment or services who accept GPC, VISA. For more information, call Jan Turner with the 62nd Contracting Squadron at 982-3867.

Graphics no longer available on base

The Base Multimedia Center is without graphics support until June 1. All graphics support will have to be accomplished through DAPS or another off base agency using your government purchase card. For more information, call the Public Affairs office at 982-5637.

